



# Chicken Gyro with Vegetables

Servings 4 | Prep time 40 mins. | Total time 48 mins.

## Equipment:

Large bowl  
Plastic wrap  
Large frying pan  
Medium bowl

## Utensils:

Fork or tongs  
Knife  
Measuring cups and spoons

## Ingredients

1 tablespoon lemon juice  
1/2 cup plain low-fat yogurt  
1/2 teaspoon salt  
1/4 teaspoon dried oregano  
1/4 teaspoon ground thyme  
1 clove garlic, minced OR 1 teaspoon garlic powder  
2 boneless skinless chicken breasts  
2 tablespoons olive oil OR vegetable oil  
1 cup tzatziki sauce OR Celebrate Your Plate Cucumber Tzatziki Sauce (optional)  
4 whole wheat pita breads  
1 medium tomato, diced  
1 red onion, thinly sliced

# Instructions

1. Before you begin, wash your hands, surfaces, produce, and utensils.
2. Combine the lemon juice, yogurt, salt, dried oregano, thyme, and garlic powder in a large bowl and add the chicken breasts, tossing to coat well. Cover with plastic wrap and refrigerate for 30 minutes or overnight.
3. Heat a large non-stick frying pan over medium-high heat and add 1 tablespoon of oil. Add half of the chicken breasts to the pan, shaking off the excess yogurt mixture before adding to the pan. Cook the chicken breasts for about 5 minutes, undisturbed, until browned, then flip and cook the other side until the chicken is cooked through, about 5-7 minutes. Set cooked chicken aside, add the additional tablespoon of oil to the pan and cook the remaining chicken breast.
4. Warm the pita bread in a toaster or in the microwave for 30 seconds.
5. Cut chicken breasts into bite-sized pieces or pieces that fit onto a pita.
6. If eating with tzatziki sauce, spread 1/2 cup sauce onto the warm pita bread. Add tomatoes, sliced red onion, and about 1/2 of a chicken breast.

## Nutritional Information:

Calories 400   Total Fat 14g   Sodium 520mg   Total Carbs 38g   Protein 28g